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Say it ain't so!

Pledge to spare front-line workers does not save HQ staff from layoffs. **PAGE 9**



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Siblings accused in stabbing

Charges of attempted murder. Police allege girlfriend of victim encouraged her brother as he attacked sleeping man



BERNICE PONTANILLA

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Const. Eric Hofley answers reporters' questions on Tuesday.
BERNICE PONTANILLA/METRO

Winnipeg police have made a second arrest in the case of a man who was allegedly beaten and stabbed by his girlfriend's brother.

Const. Eric Hofley said during a press conference Tuesday that Sheldon Brent Maytwayashing, 38, was arrested on Monday in the downtown area for the Jan. 12 incident at a house in the 900 block of Mountain Avenue.

Police were called to the home at about 7 a.m. and found a 45-year-old man who'd been stabbed multiple times. He was taken to hospital in critical condition but was later upgraded to stable.

Hofley said that the man was sleeping when his girlfriend's brother started punching and stabbing him.

"While this was occurring, the victim's girlfriend stood by, encouraging her

brother as he committed the assault," said Hofley, adding that the woman, 40-year-old Wanda Theresa Maytwayashing, was arrested on Jan. 14.

"He was able to escape the residence, and police were contacted."

Hofley said Sheldon Maytwayashing, who was known to police, did not live at the residence with the couple.

The siblings are both facing attempted-murder charges.

In addition, Sheldon Maytwayashing is charged with possession of a weapon for a dangerous purpose and two counts of failing to comply with a probation order.



HE'S GOT A JUNO IN HIS SIGHTS

It's the second Juno nomination for Winnipeg folk-rock musician Del Barber, this time for his fourth album, *Prairieography*. The Junos have released their list of nominees, including other Winnipeg artists. See story, page 12. CONTRIBUTED

NDP race

'I don't like' balanced-budget law, Oswald says

One of the leadership candidates for Manitoba's governing New Democrats has left the door open to changing the province's balanced-budget law if she becomes premier on March 8.

Theresa Oswald, one of three vying for the NDP leadership, said Tuesday she had not formulated a detailed stance on the topic but feels the law is too restrictive and changes should be considered.

"I haven't taken a position as of yet ... on whether or not I would make significant amendments to the balanced-budget law or blow it up in its entirety," Oswald said.

"I'm saying loud and clear that I don't like our law. I think that it has nothing to do with actual balance. So I think that that's worth having a discussion (about) but I haven't said anything specific about what I might leave in or leave out or whatever. That's a discussion that a caucus and a government should have of itself."

The law, introduced by the former Progressive Conservative government two decades ago, cuts the salaries of cabinet ministers every year in which the government runs a deficit. It also requires a referendum to be held before any increase in the provincial sales, income or corporate payroll taxes.

Oswald made the balanced-budget comments following a news conference Tuesday where she promised improvements to worker safety.

THE CANADIAN PRESS

More help promised for child welfare

Family support. Despite pledge, province says some recommendations from Sinclair inquiry may not be feasible

Manitoba is promising more support for families in danger of losing their children to government care, but the province is backing away from some key recommendations in a \$14-million inquiry into the death of Phoenix Sinclair.

Family Services Minister Kerri Irvin-Ross says there will be a 60 per cent increase in funding for in-home support services by social workers and the province's children's advocate will be given more independence.

But Irvin-Ross says some of the recommendations from the report into the five-year-old's death at the hands of her mother and the woman's boyfriend may not be feasible.

She says the province may not be able to extend care to all child-welfare wards until the age of 25 or reduce caseloads to 20 families per social worker.

"I wish there was one way, there was a magic bullet, but there isn't," Irvin-Ross said.

A year ago, the government received the final report from the inquiry and hired a consultant for \$500,000 to look at how to implement all 62 of the recommendations made



Barbara Bruce of AMR Planning & Consulting, right, and Family Services Minister Kerri Irvin-Ross speak to media Tuesday about the government's plans to implement the final 31 recommendations made in the inquiry into the death of Phoenix Sinclair. SHANE GIBSON/METRO

Quoted

"I wish there was one way, there was a magic bullet, but there isn't." Family Services Minister Kerri Irvin-Ross

by Justice Ted Hughes. The consultant's 200-page report was released Tuesday.

Phoenix bounced in and out of foster care and suffered horrific abuse at the

hands of Samantha Kematch and Karl McKay before she died from her injuries in 2005. Her death was not discovered for months, while her mother continued to col-

lect child-subsidy cheques.

The inquiry into her death found Manitoba's welfare system fundamentally failed to protect the girl or support her family. The government promised to implement all the recommendations.

Almost half of the suggestions are being addressed, Irvin-Ross said.

THE CANADIAN PRESS

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Metro Winnipeg welcomes TSN 1290's Andrew 'Hustler' Paterson to its sports writing team.

Look for his new weekly feature 'View from the 300's' exclusively in Metro News!

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Advisory

Entire city under boil-water warning

All of Winnipeg is under a boil-water advisory.

Initially, in a release sent out just before dinner time Tuesday, the WRHA advised all Winnipeggers living east of the Red River to bring tap water to a rolling boil for at least one minute before drinking, making ice, making baby formula, preparing food,

and brushing teeth.

But about an hour later, Mayor Brian Bowman said the entire city is now under the advisory.

The advisory comes after six clusters of positive results for E. coli were received earlier in the day. Bowman said it was expected the tests were false positives, but more results will be available on Wednesday.

The contamination's source has not been identified. **METRO**

Man branded long-term offender for sex assaults

A man who pleaded guilty to sexually assaulting two women in a Winnipeg dental office has been sentenced to six years in prison and designated a long-term offender.

Joshua James Turner, 31, was sentenced Monday after a judge reviewed a joint submission from the Crown and defence.

Court was told that Turner walked into the office in March 2013, threatened two employees with scissors and locked the

front door.

The women were then led into separate rooms where they were assaulted until one of them fought the man off before he ran away.

The court also heard that Turner has a long record, with more than 30 convictions for such crimes as sexual assault and harassment.

Long-term offender status means Turner will be closely monitored for 10 years after his release. **CJOB/THE CANADIAN PRESS**

Professional snugglers coming soon to Winnipeg

The Cuddler.
Business now hiring city's best huggers to offer 'affection, support, well-being'

Winnipeggers in need of a good cuddle will soon be able to get one from a professional.

Vancouver-based cuddling service The Cuddler is collecting resumes from Winnipeg's best huggers, snugglers and cuddlers and hopes to open in the city within a month.

"It works (like) massage therapy, so people can either choose to go to the cuddler's place or it can be at the cuddler's place or at a public place," explained Cuddler owner Marylen Reid, who came up with the idea while experiencing stress and needing a good cuddle after a move to a new city a few years back. "I didn't have my usual cud-



Vancouver-based cuddling service The Cuddler aims to open in Winnipeg within a month. **CONTRIBUTED**

dling friends, and the friends that I had weren't naturally touchy. I thought if I need it, probably a lot of other people need it, too."

An hour of basic cuddling runs \$65, but the cost can rise to \$260 depending on what extras are chosen. The add-ons include things like a cuddly

massage or a skin-to-skin cuddle where both parties wear shorts and tops instead of full pyjamas.

Both Reid and The Cuddler website are explicit that the service does not include nudity or any type of sexual contact. Sessions are videotaped to protect both parties.

"What we offer is affection, support, well-being and compassion," said Reid, noting clients are required to sign a contract that outlines the rules — and consequences of breaking them — before meeting to cuddle. "Then they first meet outside, and if the cuddler doesn't feel safe, they can refuse the cuddle and we reimburse the client."

The first Cuddler opened in Vancouver three months ago. The move into Winnipeg comes on the heels of locations opening in Toronto, Calgary and Edmonton.

For more information, or to apply to be a cuddler, go to cuddler.ca. **SHANE GIBSON/METRO**

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Winnipeg project gets its cue from Toronto and L.A.

Development.

True North Sports & Entertainment models plan for Carlton Inn site from other cities



BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The parent company of the Winnipeg Jets is taking inspiration from Toronto and Los Angeles for its proposed development at the site of the former Carlton Inn.

True North Sports & Entertainment said in a media release Monday that its vision includes an office, hotel, retail, residential, parking and public plaza components, similar to Toronto's Maple Leaf Square and L.A. Live.

"True North is now undertaking a thorough due-diligence exercise involving these lands, the purpose of which is to determine the viability of a very significant mixed-use real-estate development for downtown Winnipeg," the release stated.

"During this process we have considered major mixed-use real-estate projects in

other cities developed by our industry peers, including Maple Leaf Square in Toronto and L.A. Live in Los Angeles."

True North was named during Monday's special executive policy committee (EPC) meeting as the potential developer for the 220 Carlton St. site, having signed an option agreement with CentreVenture.

However, the EPC voted unanimously in favour of adding an expression-of-interest component to the deal — which is slightly less strict than the request-for-proposals process.

This means more proposals and more competition would come forward for that site.

While True North doesn't normally comment on their "investment projects," the company did state that they anticipate this project will "greatly enhance Winnipeg and its SHED district," which refers to the sports, hospitality and entertainment district.

The revised deal is on Wednesday's city council meeting agenda.

Follow Bernice Pontanilla on Twitter @MetroBee



Perfect weather for ice fishing on the Red River

The city woke up to hoar frost on Tuesday morning and a high of 1 C, providing ideal weather for ice fishing on the Red River near the Harry Lazarenko (formerly Redwood) Bridge. Wednesday's forecast calls for a high of 0 C and periods of light snow or freezing rain. BERNICE PONTANILLA/METRO

New scoreboard planned for MTS Centre

A giant new scoreboard is the centrepiece of a \$12-million plan to refresh MTS Centre ahead of the next hockey season, True North Sports & Entertainment announced this week.

In addition to the scoreboard — which will feature screens 150 per cent larger than the ones on the current scoreboard — upgrades will include a new higher resolution "power ring" video display between the lower and upper decks, audio-system improvements and a state-of-the-art control room for audio-visual productions.

The arena will also be increasing its capacity for the first time by adding 278 new "premium" logo seats to the

upper deck.

And sight lines will be improved for fans sitting in the upper deck by replacing a mesh railing in the first row with seamless glass. True North said the renovations will be completed during the summer of 2015. They're part of a larger facility-renewal plan that began two years ago. MTS Centre was recently ranked the third-best facility in the NHL by Stadium Journey Magazine.

COLIN FAST/FOR METRO

On the web

For more local news, go to metronews.ca



A new scoreboard is the centrepiece of a \$12-million plan to refresh MTS Centre ahead of the next hockey season. COURTESY TRUE NORTH

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U of W students crash board meeting to protest paucity of counsellors

Mental health.

Protesters want school to hire four permanent staff members

Student protesters from the University of Winnipeg crashed a board of regents meeting Monday evening to demand more access to counsellors.

More than two dozen students, some wearing T-shirts that spelled out "Support Students' Mental Health," said the university employs only one counsellor on campus — and the part-time staffer is from an external agency.

"That means the burden of responsibility is now outside of the institution (and) that person may not have access to the channels to help address the students' needs," said protester Jesse Blackman.

The protesters were allowed to stay but weren't allowed to



Student protesters calling for more counsellors stand behind members of the University of Winnipeg board of regents Monday. AUSTIN GRABISH/FOR METRO

speak. The student association spoke for them.

The University of Winnipeg Students' Association asked the U of W to hire four perma-

nent counsellors.

"We absolutely support the call for enhanced in-house general counselling services at the University of Winnipeg," said

vice-president advocate Peyton Veitch.

"Our members have delivered the message loud and clear: what's being offered

right now in terms of mental health supports is simply not adequate," Veitch said.

The U of W confirmed its current counsellor is from an

external agency but said the staffer could become a full-time employee by July and maintains it's offering adequate health supports for students.

Jeremy Reid, U of W's senior executive officer, said the university is providing specialized health services through an intake worker who refers students to resources both on and off campus.

"Our desire here is to get as responsive as possible in a short period of time, providing for a range of needs from general counselling to specialized health," Reid said.

But protester Andrew Vineberg said many off-campus resources have wait times and are over capacity.

The students have been campaigning for more counsellors since late last year, including setting up a table to hand out literature to students and asking them to call administrators about the issue.

AUSTIN GRABISH/FOR METRO



Come a little closer

Eric Blais and Laura Olafson perform in *Private Lives*, a wickedly funny comedy by master playwright Noël Coward, at the Tom Hendry Warehouse. The show, which kicks off CowardFest, begins Wednesday and runs through Feb. 28. BRUCE MONK/MANITOBA THEATRE CENTRE

William Avenue

Abduction attempt foiled by passing paramedics

Paramedics thwarted an attempted abduction on Monday night, Winnipeg police said.

Const. Eric Hofley said during a press conference Tuesday that a 55-year-old woman was walking in the 400 block of William Avenue near Harriet

Street when a man she didn't know grabbed her and tried to drag her off.

The woman was able to resist the abduction attempt long enough for paramedics in a passing ambulance to see what was going on and scare the assailant off.

"What his intentions were had he been able to get her in a secluded area is not known, but obviously with the circumstances surrounding this, it's our belief that it certainly

was an attempt to drag her somewhere," said Hofley, adding that had paramedics not intervened, "the outcome could have been much more tragic."

The assailant is described as black, 20 to 25 years old and about five foot seven. He was wearing light-coloured pants, a light- and dark-coloured jacket (the body of the jacket was different than the sleeves), runners and a baseball cap.

BERNICE PONTANILLA/METRO



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Prisons. Denying parole to offenders dangerous: MPs

The government's long-promised plan to lock up some criminals and throw away the key will make prisons more dangerous, opposition MPs say.

Denying any chance of parole to the worst violent offenders will increase the chances of prison guards being attacked, the NDP and Liberal public-safety critics said Tuesday as the government signalled legislation would come before summer. Opposition MPs want a greater emphasis on rehabilitating inmates.

Criminologists dismissed the life-behind-bars initiative after it was announced in the October 2013 speech from the throne, saying there are already legal provisions to ensure the most heinous offenders never get out.

At the time, the government said those convicted of the worst crimes — such as multiple murders or sex assaults on children — could spend the rest of their lives in prison.

Public Safety Minister Steven Blaney says legislation

Solitary confinement

The federal government is facing a second court challenge to the use of solitary confinement in prisons.

- This time, the Canadian Civil Liberties Association and Canadian Association of Elizabeth Fry Societies have filed a petition in Ontario Superior Court. The petition seeks to challenge the constitutionality of isolation, which the groups call cruel and inhumane. They say the practice is "fatally flawed."

will be tabled before Parliament rises in June.

"People who commit serious and violent crimes in a repetitive manner constitute a menace to society," Blaney said. "The premier objective is to protect society."

When the plan was first outlined, Justice Minister Peter MacKay said the provisions would be applied very narrowly. **THE CANADIAN PRESS**

Couple shocked to find out stolen truck linked to Mountie shooting

Grande Prairie, Alta.

Donna Campbell struck by a heart attack upon being told it was her truck that RCMP Const. David Wynn identified before he was shot



LEAH HOLODAY
Metro in Edmonton

When police told Donna Campbell they'd found her stolen truck, the news was simply overwhelming.

"Are you sitting down?" Campbell said the officer asked her twice.

In the ensuing conversation, the Grande Prairie woman learned St. Albert RCMP Const. David Wynn had identified her truck at the Apex Casino parking lot moments before he was shot by Shawn Maxwell Rehn.

Wynn died several days later in hospital.



Donna and Gerald Campbell said they were shocked to hear from Edmonton police that their truck stolen in October 2014 was the vehicle Const. David Wynn had been investigating before he was shot. **THE CANADIAN PRESS**

"I just got shivers. I said, 'Oh, you're kidding,'" Campbell remembered.

Upon hanging up with police, Campbell started having chest pains and asked her husband to take her to the hospital.

"It turned out I had a heart

attack," she told Metro. Doctors informed her the attack was stress-induced.

While Campbell is slowly recovering from her attack, she said the entire situation is so sad, especially for the wife and three sons of the 42-year-old Wynn.

"The poor family," she said. "This man shouldn't have been out on the streets by the sound of things. It's pretty sad everything that has happened."

Campbell and her husband first reported the truck stolen from a south Edmonton hotel parking lot in October, when the couple had driven to the city to do some early Christmas shopping.

"We couldn't believe it," said Campbell, who later learned three F350s had been stolen the same week in the city and were often targeted by car thieves.

After the stipulated 20-day insurance period, the couple was able to file their claim and assumed the truck was long gone.

Police informed Campbell that the truck had been full of stolen property, including a printer, a camera, tools and different purchases from Costco.

Despite a request from Metro, RCMP weren't able to confirm the details by press time.

Provinces to lose millions as Senate stalls gambling bill

Cash-strapped provinces will lose millions to foreign gambling websites and criminals over Sunday's Super Bowl because the Senate is stalling legislative changes passed by the House of Commons.

Almost three years after NDP MP Joe Comartin's private member's bill sailed through the House with support of members of all parties, the measure remains mired in the Red Chamber.

With a federal election later this year, there are concerns his law will die in the unelected Senate, meaning the estimated \$10-billion-a-year sports gambling industry will continue

to thrive underground and abroad.

"The only people profiting from illegal sports betting are criminals and offshore operators who are not licensed and regulated to do business in Canada," Bill Rutsey, president of the Canadian Gaming Association, said Tuesday.

Rutsey estimated about \$150 million will be illegally wagered in Canada on the NFL championship game this weekend.

"We have an option on the table, and it's called Bill C-290," he said. That's the legislation Comartin, the Windsor-Tecumseh MP, successfully pushed

through the Commons on March 2, 2012.

Striving to help his beleaguered border city attract American visitors, the New Democrat proposed amending the Criminal Code to allow one-game betting on football, hockey, baseball, soccer, basketball and other sports.

It would help Ontario casinos in Niagara Falls and Windsor open Las Vegas-style "sports books" to attract gamblers wanting to wager on single matches instead of just the existing Pro-Line that requires bets on a minimum of three games simultaneously.

TORSTAR NEWS SERVICE

Politics

NDP vows tax relief for small businesses and manufacturers

Tom Mulcair has unveiled promises of tax relief for small business and manufacturers. The NDP leader announced Tuesday that a New Democrat government would cut the tax rate for small businesses to nine per cent from

the current 11 per cent.

It would extend for an additional two years the accelerated capital cost allowance for machinery or equipment used in manufacturing, a tax break that is scheduled to expire this year. It would also create an innovation tax credit to encourage manufacturers to invest in machinery, equipment and property used in research and development.

The measures are part of a bid to show that the NDP has

a plan to spur the economy in the face of plunging oil prices.

An NDP backgrounder estimates that reducing the small-business tax rate to 10 per cent immediately would cost \$600 million a year, with the final drop to nine per cent coming when finances permit. The innovation tax credit would cost about \$40 million a year, while extending the capital cost allowance would cost \$1.2 billion over two years. **THE CANADIAN PRESS**



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ISIL. Hostages have less than '24 hours left to live' if prisoner is not released

An online message purportedly from the Islamic State of Iraq and the Levant (ISIL) warned Tuesday that a Japanese hostage and Jordanian pilot the extremists hold have less than "24 hours left to live."

The message again demanded the release of Sajida al-Rishawi, an Iraqi woman sentenced to death in Jordan for involvement in a 2005 terror attack that killed 60 people. It also mentioned for the first time Jordanian pilot Mu'ath al-Kaseasbeh, who is a captive of ISIL, setting a Wednesday afternoon deadline.

Tuesday's video matched a message released over the weekend, though neither bore the logo of ISIL's al-Furqan media arm. The weekend video showed a still photo of Kenji Goto holding what appears to be a photo of the body of Japanese hostage Haruna Yukawa.

The message says that



Protesters chant "Free Goto" during a rally in front of the Prime Minister's residence in Tokyo on Tuesday.
EUGENE HOSHIKO/THE ASSOCIATED PRESS

unless the Jordanian government frees al-Rishawi within 24 hours, Goto and the pilot will be killed, adding that this would be the group's last message. The message warns any delaying tactics by the government will result in the death of both men.

Goto has only "24 hours left to live and the pilot has even less," the message said.

THE ASSOCIATED PRESS

Libya. Gunmen kill nine during hotel shootout in Tripoli, assailants dead

Gunmen stormed a luxury hotel in the Libyan capital of Tripoli on Tuesday, killing four foreigners and five guards, and triggering an hours-long standoff that ended when two assailants set off a grenade that killed them, officials said.

The attack on the Corinthia Hotel, which sits along the Mediterranean Sea, underscores the lawlessness that this North African country descended into following the 2011 ouster and killing of dictator Moammar Gadhafi. The State Department said it

was looking into reports of an American casualty in Tuesday's attack.

Libya's security forces responded and after several hours of a standoff, the attackers threw a grenade at the security forces, killing themselves and a security guard. Ten people were also wounded in the attack, including security guards and guests.

"The operation is over," al-Naas said but added that the streets around Corinthia remained closed. He said an investigation was underway.

THE ASSOCIATED PRESS

Spain

Death toll of F-16 training accident rises to 11

The death toll from the crash of a Greek F-16 fighter jet during an elite NATO pilot training program rose to 11 Tuesday after a French airman who suffered serious burns died, Spain's Defence Ministry said.

THE ASSOCIATED PRESS

Somalia

Key leader leaves country's Islamic extremist group

A leader of Somalia's Islamic extremist group al-Shabab with a \$3 million bounty on his head announced Tuesday he has quit the insurgency and renounced violence perpetrated by the al-Qaida-linked group.

THE ASSOCIATED PRESS



Massachusetts, Long Island hit hard by nor'easter blizzard

Charlie Glover leaves a two foot tall path as he uses a snow blower to dig himself out of the snow on Tuesday in New Bedford, Mass. The not-so-great blizzard of 2015 did wallop the Northeast — Long Island and Massachusetts got hammered — but snowfall in the media capital of New York City was about 0.3 metres. New Jersey and Philadelphia also were spared. Meteorologists say the nor'easter stayed about 120 to 160 kilometres east of its predicted track, which meant the western edge — New York and New Jersey — got 10 inches less than was originally forecast.

PETER PEREIRA/STANDARD TIMES/THE ASSOCIATED PRESS

Hundreds of Auschwitz survivors mark 70 years

Holocaust. Jewish, world leaders and 300 former prisoners gathered at infamous concentration camp to commemorate their liberation

A Jewish leader stood before 300 survivors of a notorious Nazi death camp on Tuesday and asked world leaders to prevent another Auschwitz, warning of a rise of anti-Semitism that has made Jews fearful of walking the streets, and is causing many to flee Europe.

Ronald Lauder, the president of the World Jewish Congress, made his bleak assessment on the 70th anniversary of the liberation

of Auschwitz, speaking next to the gate and the railroad tracks that marked the last journey for more than a million people murdered at Auschwitz-Birkenau.

He said his speech was shaped by the recent terrorist attacks in France that targeted Jews and newspaper satirists.

"For a time, we thought that the hatred of Jews had finally been eradicated. But slowly the demonization of Jews started to come back," Lauder said.

Europe witnessed a spasm of anti-Semitism last summer during the war in Gaza, with protests in Paris turning violent along with other hostilities across the continent.

One Holocaust survivor, Roman Kent, became emotional as he issued a plea to world leaders to remember

Quoted

"We do not want our past to be our children's future."

Roman Kent, Holocaust survivor

the atrocities and fight for tolerance.

"We do not want our past to be our children's future," the 85-year-old said to applause, fighting back tears as he repeated those words a second time.

The commemorations in Poland, which was under Nazi occupation during the Second World War, were also marked by a melancholic awareness that it may be the last major anniversary that a significant number of survivors will be strong enough to attend.

"The survivors are completely gutted that in their lifetime they went through what they went through and that now they are at the end of their life and they don't know what kind of world they are leaving for their grandchildren," said Stephen Smith, executive director of the USC Shoah Foundation.

"That is very disappointing for them. We have let them down."

Among those in attendance were French President Francois Hollande and Ukrainian President Petro Poroshenko. The German and Austrian presidents also attended, however Russian President Vladimir Putin was absent, despite the Soviet Red Army having fought and died to liberate the camp.

THE ASSOCIATED PRESS



Conservative MP Tim Uppal
THE CANADIAN PRESS

'There is so much we can learn'

A man in a blue turban stood among thousands in toques, fur hats and yarmulkes in Poland Tuesday to mark the 70th anniversary of the liberation of the Auschwitz.

Tim Uppal was there as the head of the official Canadian delegation for the commemoration ceremony, a role in keeping with his post as Canada's minister of state for multiculturalism.

But Uppal has championed the importance of Holocaust remembrance for much longer, an unusual role for a Sikh member of Parliament from an Edmonton-area riding with only a few hundred Jews.

"There is so much we can learn from what happened here," he said over the phone from Krakow, Poland ahead of his visit to the camp where roughly 1.1 million were killed.

"And you can take those lessons and apply it to the present."

With construction set to begin on the national Holocaust monument this year, Uppal hopes to one day tell the story of what happened during the Holocaust to his children.

"It's so important that we pass on this history to future generations," he said.

THE CANADIAN PRESS

Obama meets new Saudi king, saves face on human rights

Riyadh. In brief visit to Arab ally, U.S. president pays his respects to the late King Abdullah

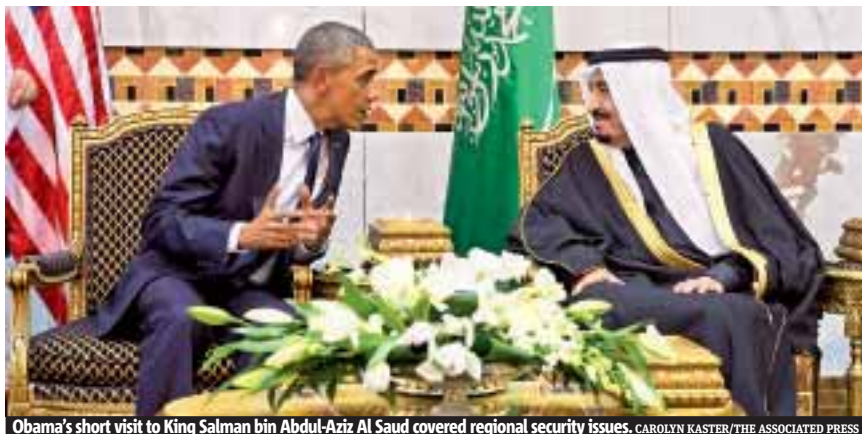
President Barack Obama defended the U.S. government's willingness to co-operate closely with Saudi Arabia on national security despite deep concerns over human-rights abuses as he joined an array of current and former American statesmen Tuesday paying respects following the death of King Abdullah.

Saudi Arabia's status as one of Washington's most important Arab allies has at times ap-

Quoted

"Sometimes we need to balance our need to speak to them about human rights."

U.S. President Barack Obama



Obama's short visit to King Salman bin Abdul-Aziz Al Saud covered regional security issues. CAROLYN KASTER/THE ASSOCIATED PRESS

peared to trump U.S. concerns about the terrorist funding that flows from the kingdom and about human-rights abuses. In his meeting with Saudi Arabia's new king, Obama brought up human rights only in broad terms, without citing specific cases, a senior Obama administration official said.

Obama, in a CNN interview ahead of his arrival, said he

has found it most effective to apply steady pressure over human rights "even as we are getting business done that needs to get done."

During his brief stop in Riyadh, Obama held his first formal meeting with King Salman bin Abdul-Aziz Al Saud, newly installed on the throne following the death of the 90-year-old Abdullah on Friday.

The roughly hour-long meeting focused on a bevy of Mideast security issues: sectarian divisions in Iraq, the U.S.-led campaign against ISIL, the precarious situation in Yemen and support for Syrian opposition fighting President Bashar Assad, said the U.S. official who briefed reporters traveling with Obama.

THE ASSOCIATED PRESS

Vanderbilt. Ex-football players convicted of rape

A jury convicted two ex-Vanderbilt football players on Tuesday of raping a former student, rejecting claims that they were too drunk to know what they were doing and that a college culture of binge drinking and promiscuous sex should be blamed for the attack.

The jury deliberated for three hours before announcing that Brandon Vandenburg and Cory Batey were guilty of aggravated rape and aggravated sexual battery.

Batey was stoic, staring ahead. Vandenburg shook his head "no," apparently stunned. His father had an outburst and abruptly left the courtroom.

The victim, 21 at the time of the June 2013 attack, cried as each guilty verdict was announced. The men face decades in prison when they are sentenced March 6.

The jury heard two weeks of dramatic testimony from a parade of witnesses, including police, former and current students of the prestigious private university in Nashville and the woman, who said she didn't remember what happened that night, only that she woke up in a strange dorm room. They also

saw cellphone images from the night of the attack that Vandenburg sent to his friends as it was happening.

The victim said in a statement she was hopeful the publicity from the case would lead to a discussion of how to end sexual violence on college campuses.

"Finally, I want to remind other victims of sexual violence: you are not alone. You are not to blame," she said.

Testimony showed Vandenburg passed out condoms to the other players, slapped her buttocks and said he couldn't have sex with the woman because he was high on cocaine.

Batey raped the woman and urinated on her, prosecutors said. His attorneys argued the images didn't show that.

During closing arguments, Deputy District Attorney Tom Thurman told jurors that the college culture argument was a "red herring" and that the athletes thought the law didn't apply to them.

"That's the culture that you really saw here," Thurman said. "Their mindset that they can get away with anything."

THE ASSOCIATED PRESS

South Carolina

Protesters to get their records clean after 54 years

Nine black men arrested for integrating a whites-only lunch counter in the state of South Carolina 54 years ago may be heroes in the

historic record, but in the record of the law they are still convicted trespassers.

That criminal record will soon be erased.

On Wednesday, a prosecutor is expected to ask a judge to vacate the arrests and convictions of the men known as the Friendship Nine.

THE ASSOCIATED PRESS

Iraq

Shots at passenger plane suspend flights to Baghdad

Several airlines suspended flights to Baghdad on Tuesday after a passenger plane arriving from the Mideast's busiest airport in Dubai came

under fire as it landed in the Iraqi capital.

A prolonged suspension of flights could seriously limit options for Iraqi travellers and overseas businesspeople, diplomats and aid workers who rely on foreign carriers to deliver them to larger international transit hubs, particularly in the oil-rich Gulf. THE ASSOCIATED PRESS

Syria

Israel responds to rockets fired at Golan Heights

At least two rockets launched from Syria struck the Israeli-controlled Golan Heights on Tuesday, and Israel responded with artillery fire,

the military said.

The exchange came after an airstrike last week in Syria, attributed to Israel, killed six members of the Lebanese militant group Hezbollah and an Iranian general. Israel has braced for a response to that strike, beefing up its air defences and increasing surveillance along its northern frontier. THE ASSOCIATED PRESS

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Jobs

Tim Hortons to lay off staff at HQ

Tim Hortons is refusing to say how many employees will lose their jobs at its headquarters and regional offices in a reorganization of its operations announced Tuesday.

A spokeswoman said Tuesday it's "still in the process" of notifying staff members who will be affected by widespread changes to its Oakville, Ont., offices and regional offices across the country. While the company plans to keep its headquarters in Oakville, staff outside its restaurants were not protected under a promise by Burger King to maintain jobs at Tim Hortons franchises across Canada for five years.

THE CANADIAN PRESS

Loans and mortgages

Big banks finally cut prime rate

Canada's big banks have started passing on some — but not all — of the Bank of Canada's rate cut, lowering the interest charged to borrowers with loans and mortgages tied to the prime rate.

Royal Bank was the first to cut its prime rate when it announced it would go down to 2.85 per cent from three per cent, effective Wednesday. The move was quickly matched by the rest of the Big Five: Bank of Montreal, TD Bank, CIBC and Bank of Nova Scotia.

The Bank of Canada last week cut its overnight lending rate to 0.75 per cent from one per cent — but the big banks didn't immediately match the cut in their prime rates.

THE CANADIAN PRESS

Market Minute

DOLLAR
80.62¢ (+0.39¢)

TSX
14,833.88 (+36.05)

OIL
\$46.23 US (+\$1.08)

GOLD
\$1,291.70 US (+\$12.30)

Natural gas: \$2.981 (+10.0¢)
Dow Jones: 17,387.21 (-291.49)

Facebook, Instagram dismiss cyberattack

Lizard Squad. Group of hackers had claimed responsibility on Twitter for outages

Facebook said the outage that made its social-media sites inaccessible worldwide for about an hour Tuesday was self-inflicted.

Users of PCs and Facebook's mobile app reported they lost access in Asia, Canada, the United States, Australia and the U.K. Facebook-owned Instagram was also inaccessible.

Facebook said the disruption was caused by a technical change and wasn't a cyber-attack: "This was not the result of a third-party attack but instead occurred after we introduced a change that affected our configuration systems," it said in a statement.

The temporary loss of service may be Facebook's biggest outage since Sept. 24, 2010, when it was down for about



Instagram and Facebook users in Canada, Asia, the U.S., Australia and the U.K. were affected when the social-media websites stopped working for about an hour Monday. THE ASSOCIATED PRESS FILE

2.5 hours.

Guillermo Lafuente, security consultant at MWR InfoSecurity, said a technical fault was more plausible. A denial-of-service attack would have made the sites unreachable rather than accessible with an error message displayed, he said. Facebook's use of mul-

iple data centres also meant an attack on one would have affected one region, while this outage was worldwide.

Also, restoring service would be a matter of reversing the technical changes, which matched with the brevity of the outage, LaFuente said.

THE ASSOCIATED PRESS

New app. Talking to strangers to get easier

Awkward silence is the hallmark of urban transit.

But if the founders of a new iPhone app have their way, that'll soon change.

ShoutzApp envisions a world where anonymous, location-based conversations let strangers connect.

Like Snapchat, the conversations delete after a set time period. But like Twitter, everyone tuned in — and within range — can see the messages.

"If I have something I'm selling, I can say, 'I have an iPhone for sale,'" says co-founder Shehryar Qureshy, 32, who has a day job as an engineer. "It could be classified, missed connections, it could be if you're driving and you're in traffic; you can open a bubble one kilometre ahead and say, 'Hey, what's the traffic here for?'"

Users of the app are able to set up a message bubble for a specific time period within a specific radius. Anyone else using the app and in that location will see the message thread.

Qureshy says it's seen a lot of use at Toronto's Union Station and on the region's GO trains. One person, for example, used the app to warn others on the train that the

ShoutzApp

- ShoutzApp launched in December and has had a few hundred downloads so far — all users who have helped Qureshy and his 22-year-old brother and co-founder, Mohammad Ali, work through the bugs.
- The brothers plan to launch an Android version soon and will be targeting universities and Toronto's Union Station in their first marketing push.

fare enforcer was coming.

Qureshy himself has been riding GO Transit for more than a decade and said he got the idea after seeing the same people sit in the same seats and get off at the same stations — but he never talked to them.

"Especially on the GO train, you have a captive audience," he said, adding the app could be used "at the university or at the bar. You know how difficult it can be to approach people."

ROSEMARY WESTWOOD/
METRO IN TORONTO

Middle class. Up to \$120K qualifies, feds suggest

Finance Minister Joe Oliver insists low- and middle-income families will see two-thirds of the benefits from the Harper government's contentious multibillion-dollar tableau of family-friendly measures. By that measure, Oliver is suggesting families with annual incomes as high as \$120,000 qualify as middle class.

The Finance Department's own internal breakdown of the distribution of relief from the family package shows 68 per cent of the benefits — about two-thirds — will go to families that earn as much as \$120,000 in 2015.

The Canadian Press obtained the figures under the Access to Information Act.

The figures show that 25 per cent of the relief will go to families that earn under \$30,000 in 2015; 11 per cent to those earning between \$30,000 and \$60,000; 15 per cent between \$60,000 and \$90,000; and 17 per cent between \$90,000 and \$120,000. Overall, the government documents say 4.07 million families will benefit.

THE CANADIAN PRESS

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The weight loss benefits of Garcinia Cambogia are primarily attributable to its Hydroxycitric Acid (HCA) content. Studies have shown that HCA plays an important role in the regulation of fat in the body. By blocking an enzyme called citrate lyase, Garcinia Cambogia is able to help improve fat metabolism and prevent fat accumulation.

Additional studies have also suggested that Garcinia Cambogia help decrease appetite by regulating levels of the hormone serotonin. Taking Garcinia helps keep you feeling fuller, longer. Garcinia can also help to increase the development of lean muscle mass and improve body composition in individuals who are physically active.

SD Pharmaceuticals Garcinia Cambogia is the strongest Garcinia Cambogia product on the market today. This is because it has 60% standardized HCA, whereas most of its competitors are only 50% or less. The proper dosage of Garcinia Cambogia is required for the best possible results. SD Pharmaceuticals products also contain AstraGin™ for the best possible absorption. For the best prices and the best products, stop by Muscles by Meyers today!

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VOICES

IN DEFENCE OF WINNIPEG



Or, how I learned to stop worrying and 'splain my city in the face of racism accusations

ELISHA
DACEY
readers@metronews.ca

I'm getting bloody tired of defending my city.

"Why do you live there?" From the snobbish comments about mosquitoes (yes, they can be bad) to the jokes about Winterpeg (yes, winter can be bad), it gets tiresome. Especially when the bulk of the snobbery comes from Canada's wannabe capital.

I think Winnipeg Free Press policy reporter Mary Agnes Welch said it best when she tweeted, "Is it just my Western Canadian chip, or are others cranky with pubs like @globeandmail & @MacleansMag Toronto splaining our problems to us?"

I share your chip, Mary Agnes. The latest "Toronto-splain" comes from Maclean's, which branded Winnipeg as having the country's worst racism problem.

Speaking of problems, there are several with the article. For example, the statistics used are for the entire Prairies, not for Winnipeg. The example of Tina Sinclair as a racially motivated murder is flawed, as we don't know who killed her or why. Aboriginal teen Rinelle Harper was sexually assaulted, beaten and thrown into the river by two aboriginal men—that's



Winnipeg Mayor Brian Bowman responds to the Maclean's article on Thursday. Metro's Elisha Dacey argues that Winnipeg was working on its problem with racism long before Maclean's and its "Toronto-splaining" supposedly started the conversation. SHANE GIBSON/METRO IN WINNIPEG

not racist, that's simply horrific.

But the most frustrating thing for me is that the writer, former Winnipegger Nancy Macdonald, came "back" after the article to meet with local groups. She told the CBC that she was there in hopes of witnessing

change and the start of the conversation. News flash, Nancy: We've been talking about it for years. We've been changing for years.

Winnipeg Mayor Brian Bowman reacted to the article by agreeing we have a problem, because we already

know this. It's systemic. Anyone who followed the story of Brian Sinclair, an aboriginal man who died from a treatable bladder infection in a Winnipeg emergency room because nurses figured he was a drunk sleeping it off, knows it's a problem.

But we're not afraid of challenges, and we've already started. The city established a Citizen Equity Committee in 2001 with a mandate to advise council on how to integrate and respect all cultures. Meet Me At The Bell Tower is a local group founded a few years ago by a young aboriginal activist living in the city's most depressed neighbourhood as a rallying cry for all Winnipeggers to lift themselves up. There are numerous other examples.

But change like this takes time. It takes generations.

I've lived in other cities. They're racist, too. And they're full of crumbling infrastructure and crooked politicians and bad weather and bugs that bite.

So why do I live here? We embrace winter. We put on bug spray and dance in the city parks. Our music scene is arguably the best in the country. Culturally, you will not find a stronger city. At festivals such as Fringe and Folkklarama and Festival du Voyageur, we celebrate our differences. We ignored the naysayers and built the stunning Canadian Museum for Human Rights.

And we've admitted we have a racism problem. Have you?

Elisha Dacey is the Managing Editor of Metro Winnipeg and loves her city. Find her on twitter @elishadacey.

Bell's Let's Talk Day

Damn shame: Overcoming stigma in mental illness

STEPHANIE
ORFORD
readers@metronews.ca

The view count on Brene Brown's TED Talk about shame clocks in at more than 4.5 million. Though we're loath to admit it, shame is a hot topic.

It's a major reason people don't seek help with anxiety, depression and other mental-health issues. With today's Let's Talk Day, a campaign by Bell to raise awareness of and reduce the stigma around mental illness, and raise funds for Canadian mental-health initiatives, shame needs to be part of the discussion more than ever.

Sound familiar? "It's normal to have this level of stress. I'm just not very good at dealing with it."

"I can't say anything now. Too

many people are depending on me."

"There are people who are so much worse off than I am, so I have no right to complain."

If you've felt any of these, you're not alone.

Work-related stress, for instance, is ubiquitous. Nearly a third of Canadians experience high levels of stress in the workplace, according to a report released by the Mental Health Commission of Canada last

Talking point:

**2 OUT OF 3 PEOPLE
DON'T SEEK HELP
BECAUSE OF FEAR
OF JUDGMENT AND
REJECTION**

CANADIAN MEDICAL JOURNAL

Talking point:

**20% OF CANADIANS
WILL EXPERIENCE
SOME FORM OF
MENTAL ILLNESS
AT ONE POINT IN
THEIR LIVES**

CANADIAN HEALTH RESEARCH

week. A common thread in the report, which outlined 13 key indicators of mental illness in Canada, was that they affect us all. The report identified surprisingly high numbers of people who experienced mental-health issues in everyday situations.

Mental wellness in schools was another major concern. The report found that a shocking 20 per cent of

post-secondary students may have engaged in self-harm, a warning sign that colleges and universities need to pay keen attention to their students' mental well-being, and provide more methods of support. Encouraging in-class discussions about coping with stress would be a good start. The ideals of perfection in school, work and relationships are rampant and poisonous. Magazines publish unrealistic profiles of successful people and give advice on

Talking point:

**3 MILLION
CANADIANS HAVE
DEPRESSION RIGHT NOW**

CANADIAN MENTAL HEALTH
ASSOCIATION

**LET'S TALK: SHARE YOUR
MENTAL-HEALTH STORY**
readers@metronews.ca

how you can hold the perfect dinner party, get perfect abs, be a super-human. If these are the standards we internalize, it's no wonder we feel shame when our lives and feelings don't measure up.

Acknowledging and accepting that yes, life is complicated, is critical to overcoming the shame barrier in mental illness. The government, media, schools, employers and individuals need to acknowledge that negative feelings exist, and we need to talk about them.

Reality is messy. And that's OK.

Stephanie Orford is a writer based in Vancouver.

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Taylor Swift ALL PHOTOS GETTY IMAGES

Taylor used to write about exes, now she writes about convicts

Who doesn't love a good bizarre lawsuit? Jose Hilario, who is currently serving a 10-year prison sentence for child pornography, is suing Taylor Swift for \$100 million US on the claim that she used his life story for lyrics on her hugely successful album 1989. In the handwritten — yes, handwritten — filing obtained by Radar Online, Hilario claims that he and Swift began an email correspondence in 2008 shortly after she turned 18 and started connecting via

Skype because Swift "was lonely and sad and that she needed someone to chat with." After two months of virtual friendship, Hilario says they met up at a Rhode Island mall on April 13, 2008. "They hugged and kissed each other," the suit claims, adding that Swift promised "she would help him with his legal problems and that she would write and sing songs about him." The problem, he claims, is that Swift only did half of that, as he apparently discovered upon

listening to 1989.

"I know for a fact that the defendant have a good heart and that she will come back to her senses and not forget her promise that she made to me," Hilario's suit states, mysteriously switching from third to first person. It may seem odd, though, that a friend looking for legal assistance would also demand \$100 million, but there you go. Oh, and Hilario is also asking Swift to introduce him to Miley Cyrus. Because of course.



Benedict Cumberbatch

Benedict admits he's 'an idiot' for using outdated racial term

Benedict Cumberbatch, star of Sherlock and the Internet's official boyfriend, is very, very sorry for an uncharacteristic misstep.

While discussing the differing difficulties black actors face in the U.K. versus the U.S., Cumberbatch used an unfortunately outdated phrase: "I think as far as

coloured actors go, it gets really different in the U.K., and a lot of my friends have had more opportunities (in the U.S.) than in the U.K.," he told Tavis Smiley during a visit to his PBS show. And now he's very, very sorry. "I'm devastated to have caused offence by using this outmoded terminology," Cumberbatch says in a statement. "I offer my sincere apologies. I make no excuse for my being an idiot and know the damage is done."

Police still investigating Emile's Sundance dust-up

Things apparently got more than a little heated between actor Emile Hirsch and an unidentified female Paramount Pictures executive at a Sundance after-party. The altercation reportedly took place early Monday morning at Tao's pop-up club at the film festival. "Something happened between the movie exec and Emile, and she said she had been assaulted and asked security to call the police," a source tells Page Six. "Emile didn't leave the scene, and calmly waited for the police to arrive, and spoke with them until around 5 a.m., after which he went home with his



Emile Hirsch

friends. No arrests were made." That could change, though, as Salt Lake City police are said to still be investigating the matter.



Tom Cruise and Nicole Kidman

Scientology doc is already causing trouble

We all knew Alex Gibney's new Scientology documentary, Going Clear, was going to be controversial. But even still, some of the details coming out are pretty astounding. For instance, when Nicole Kidman and Tom Cruise initially separated,

Cruise reportedly wanted Church operatives to bug her cellphone due to fears that she would divulge secrets about the organization. And about that breakup? It was apparently "facilitated" by former church official Marty Rathburn. How helpful!

Gary takes aim at the American Sniper fracas

Gary Sinise is very angry at former Vermont Governor Howard Dean. Well, not so much angry, as that's sort of his point. But miffed. Let's go with miffed. Dean weighed in on the ongoing controversy over the polarizing blockbuster American Sniper, telling Bill Maher, "There's a lot of anger in this country, and the people who go see this movie are people who are very angry ... I bet if you looked at a cross-section of the Tea Party and the people who go to see this movie, there's a lot of intersection."

So Sinise, a noted veterans advocate, decided to strike back, tweeting: "I saw American Sniper and I would not consider myself to be an angry person. You certainly have a right to make stupid blanket statements, suggesting that all people who see this film are angry, but how is that helpful, sir?" Come on, guys. This won't be any fun if you're going to be so darned polite.



Gary Sinise

2
SCENE

Twirlgate, mani-cams and sexism

Backlash. Women are using social media to voice concerns about how female celebrities, athletes and politicians are treated by reporters

Eugenie Bouchard. Hillary Clinton. Julianne Moore.

What do they have in common? For one, they're all notable women in their respective realms. Many say they've also been on the receiving end of gendered treatment from the media, fielding questions about their outfits instead of their accomplishments, for example. But if online pushback is any indication, women are getting fed up ... and making their voices heard.

Bouchard, the Canadian tennis star, was a hot topic on social media last week after twirling at the request of a male interviewer during the Australian Open.

As for Clinton, the ongoing will-she-or-won't-she debate over her potential 2016 presidential run led has led to speculation about how her daughter's pregnancy would affect her decision.

And at Sunday's Screen Actors Guild awards in Los Angeles, Moore and fellow celebs Jennifer Aniston, Reese Witherspoon and Tatiana Maslany, the Canadian star of Orphan Black, all rejected E!'s controversial mani-cam. (For those who don't know, it's exactly what it sounds like: a camera devoted to offering a close-up look at the manicures of female celebrities.)

"I got a text from my son saying, 'Yeah, blow off the mani-cam,'" Moore told re-



Canada's Eugenie Bouchard gestures during her women's singles match against Maria Sharapova at the 2015 Australian Open tennis tournament in Melbourne on Tuesday. Bouchard was a hot topic on social media last week after a male interviewer asked her to twirl around. PAUL CROCK/AFP/GETTY IMAGES

porters after the event. The gimmick was in the spotlight at last year's SAG awards too, when Cate Blanchett snubbed E!'s request, asking, "Do you do that to the guys?"

After Sunday's round of rebuffs, Twitter was filled with support for the actresses who opted out. "Tatiana Maslany is a role model because even amongst peer pressure, she turned down the Mani-Cam," tweeted MTV staffer Lauren Pokedoff.

"Will all these celebs refusing to do mani-cam finally get E! to stop trying to make it happen?" wondered Vlada Gelman, an editor at TVLine.com.

"There they are — red carpet, lights glaring — and they almost did (the mani-cam) and then they said no.

I thought, 'Good for you ... for standing up and defining your limits for what is acceptable,'" says Elissa Freeman, a pop culture expert and communications strategist.

But she says it will take more women making a stand — and men, too — to fully change the conversation and shift public consciousness.

"Until people say, 'Smart-en up,' then you're not going to get any change, and they're still going to get the mani-cam at the next award show," Freeman says.

As for Bouchard, an incident being called Twirlgate has met with derision from several women in the global sporting community.

"Can you give us a twirl and tell us about your outfit?" Bouchard was asked on cam-

era. She obliged, burying her face in her hands.

"This is truly sexist," tweeted Billie Jean King, an American former tennis champion.

"It was an insult to women's sport," echoed England women's football captain Kelly Smith in an interview with the Mirror.

Women have also objected to speculation about whether Clinton can be both a grandmother and a president.

"Is it fair to pit grandmotherly desires against political ambition?" questioned ABC News writer Liz Kreutz. "Would anyone ever ask the same questions about a male politician? Is this speculation, in essence, sexist?"

It's absolutely sexist, says Freeman. But she says

women are increasingly taking a stand against this kind of gendered treatment from the media.

"Women's voices are starting to be heard and it seems they're using social media as a platform to do that, because they're not necessarily being asked by the press about these things," Freeman says.

That includes participating in online campaigns like therepresentationproject.org, an initiative pushing to change how interviewers talk to women on the red carpet. The hashtag, started early last year by the Representation Project — an organization geared toward challenging and overcoming limiting gender stereotypes — is still being used through the 2015 award season. **TORSTAR NEWS SERVICE**

Reality TV

More WAGs join Hockey Wives cast

W Network has revealed the rest of its roster for its docu-series *Hockey Wives*, which follows the spouses of NHL stars and is set to premiere March 18. They include Maripier Morin, a TV host and girlfriend of Canadiens winger Brandon Prust, and fashion designer Tiffany Parros, wife of retired Montreal forward George Parros.

Other newly announced cast members include model Martine Forget, who is engaged to Leafs goalie Jonathan Bernier; choreographer Brijet Whitney, who married retired all-star Ray Whitney; social activist Kodette LaBarbera, wife of Ducks goalie Jason LaBarbera; and realtor Wendy Tippet, wife of Coyotes head coach Dave Tippet.

Also in the lineup is Emilie Blum, a former intelligence specialist for the U.S. military and wife of Wild defenceman Jonathan Blum; and athlete and communications expert Jenny Scrivens, wife of Oilers goalie Ben Scrivens.

THE CANADIAN PRESS

Classic sitcom

Chandler 'creepy' in retrospect

You may be considering a marathon *Friends* binge-watching session now the classic sitcom is available on Netflix.

Slate's Ruth Graham recently did. Her conclusion? Chandler Bing, the character played by Matthew Perry, is just the worst.

She notes the character comes off as a major homophobe and is particularly hard on his gay father, who moonlights as a drag queen in Las Vegas. He's also terrible to his girlfriend Janice and altogether unlikable until later in the series.

"Maybe by 2015, Chandler would have gotten some therapy ... He could grow up, embrace his softer side, apologize to his father, and become a confident and comfortable adult," Graham writes. "But looking back on Chandler in the '90s and early 2000s, well: Could he be a bigger creep?"

THE CANADIAN PRESS

Matthew Perry as *Friends'* Chandler Bing
GETTY IMAGES

Magic!'s reggae fusion nabs five Juno nominations

Notable

For the first time since 2009, Justin Bieber failed to land a single Juno nomination.

Winnipeg nominees include:

- Roots and traditional album of the year (group): The Bros. Landreth for Let it Lie
- Roots and traditional album of the year (solo): Del Barber for Prairieography



Magic! HANDOUT

Magic! is the leading nominee heading into this year's Juno Awards.

The Toronto group's reggae-infused single *Rude* is up for single of the year, while they're also nominated in the Juno Fan Choice, breakthrough group, top songwriter, and pop album of the year categories.

Leonard Cohen and Calgary's Kiesza have four nominations apiece.

Rockers The Arkells will perform at the awards show, which is being staged in their hometown of Hamilton, along with Magic!, Kiesza, Hedley and Shawn Mendes.

Beginner's pluck

Neither Magic! nor Kiesza had ever been up for a Juno before hot-stepping into a collective nine nominations this year.

Other first-time Juno honorees who landed multiple nominations include Toronto indie-pop breakout Alvvays, Montreal electronic pair Adventure Club, Toronto DJ Glenn Morrison, and Toronto electronic duo Zeds Dead.

The show will air live on CTV on March 15.

THE CANADIAN PRESS



Phoenix rising for golf fans

Sports travel.

Phoenix-Scottsdale is the place to be this weekend with a rowdy PGA event and the Super Bowl



BRIAN KENDALL
canadiangolfttraveller.com

For four eagerly anticipated days starting tomorrow, the twin cities of Phoenix-Scottsdale will be the focus of the sports universe.

First up is the Waste Management Phoenix Open, which annually draws the loudest, rowdiest and largest crowds on the PGA Tour. And overlapping the tourney's final round on Sunday is Super Bowl XLIX at University of Phoenix Stadium. The NFL showdown will be viewed by an estimated 112 million fans worldwide.

With more than 100,000 out-of-town visitors expected for both events, this year's Phoenix Open at the newly remodelled TPC Scottsdale Stadium Course is almost certain to shatter last year's record attendance of 590,000.

Billed as the Greatest Show on Grass, the tournament is a sports marketer's fantasy come to life.

Even non-golfers feel obliged to make the scene. Young women in stiletto heels and skin-tight dresses stream through the gates to flirt with shirtless, face-painted and inebriated young men. In the evening, the party refuels at the Coors Light Birds Nest, a temporary nightclub



The par-three 16th hole at the Waste Management Phoenix Open is surrounded by rowdy fans. CONTRIBUTED



The TPC Scottsdale Stadium Course expects to welcome more than 590,000 visitors during the Phoenix Open. CONTRIBUTED

under a giant tent.

Wildest of all are the crowds that overflow the grandstand surrounding the par-three 16th hole. Players are variously greeted by cheers, boos and name-calling as they enter the stadium. Those who make poor tee shots are berated mercilessly

as they take their walk of shame to the green.

Easily forgotten in the hoopla is the Stadium Course's prominence among the groundbreaking desert courses that have made Phoenix-Scottsdale one of the world's top golf destinations. Designed by Tom Weiskopf

and Jay Morrish, the course brilliantly blends large patches of natural desert with just 28 acres of green fairways.

Beginning in the 1980s, local water restrictions forced Weiskopf, Morrish and other architects to limit their use of turf fairways and instead embrace the natural drama of the Sonoran Desert. Tee boxes were isolated in seas of sagebrush, cacti and sand. Giant saguaros were used to frame landing areas edged by dusty gullies known as arroyos.

And in their most radical innovation, architects frequently made golfers fly their approach shots to greens protected by large and gnarly waste areas.

Today, more than 200 of Arizona's 300 courses are found in the Phoenix-Scottsdale area. Other top clubs include Grayhawk Golf Club, We-Ko-Pa Golf Club, Troon North Golf Club, The Boul-

Where to stay:

- **Fairmont Scottsdale Princess.** Located next door to the TPC Scottsdale Stadium Course, this popular luxury hotel is home base for many of the visiting PGA Tour pros.
- **Westin Kierland Resort & Spa.** This tastefully decorated hotel in North Scottsdale features 27 holes of golf just steps from the lobby doors.
- **Four Seasons Resort Scottsdale at Troon North.** Nestled in the foothills of Scottsdale's Pinnacle Peak, this luxury resort offers easy access to nearby Troon North Golf Club.

ders Golf Club, ASU Karsten Golf Course, Wildfire Golf Club, Raven Golf Club, Dove Valley Ranch Golf Club, Eagle Mountain Golf Club, and McDowell Mountain Golf Club.

But more than any other, the Stadium Course has spread the gospel of desert design around the golf world. This year's tournament will showcase an eight-month, \$12-million facelift of the course by Weiskopf.

Greens were relocated on several holes, bunkers reshaped and more than 250 trees planted.

Adding to the growing excitement was the recent announcement by Tiger Woods that he will play in the Phoenix Open for the first time since 2001. Ticket sales exploded following his entry.

It's going to be a crazy four days.

3
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Now is the time to take a tour of Selma

History. A half-century anniversary and the Oscar-nominated film have put the spotlight on this Alabama city

The 50th anniversary of the civil rights marches in Selma and the movie that tells the story are expected to bring thousands of visitors to this historic Alabama city this year.

Visitors can still walk across the bridge where voting rights marchers were beaten in 1965 and see the churches where they organized protests.

"There are certain place names in American history where significant, history-making events took place, like Gettysburg, Valley Forge and Vicksburg, and I think because of this film, Selma becomes one of the place names that stands as a significant milestone in American history," Alabama tourism director Lee Sentell said.

Oprah Winfrey, other actors from Selma and hundreds more marched to the city's Edmund Pettus Bridge two weekends ago on the eve of Martin Luther King Jr. Day. But a bigger event is expected to attract more than 40,000 people — including present and former government officials — in Selma March 5-9 for the annual Bridge Crossing Jubilee, including a walk across the bridge March 8.

The event marks the 50th anniversary of the Bloody Sunday, when law enforcement used billy clubs and tear gas to rout marchers intent on walking 80 kilometres to Montgomery on March 7, 1965, to seek the



The Edmund Pettus Bridge in Selma is expected to host 40,000 people for the annual Bridge Crossing Jubilee from March 5-9. THE ASSOCIATED PRESS

right for blacks to register to vote. A new march, led by Martin Luther King Jr., began March 21, 1965, and arrived in Montgomery on March 25, with the crowd swelling to 25,000 by the time they reached the Capitol. Those events and others helped lead to passage of the 1965 Voting Rights Act, which opened Southern polling places to millions of blacks and ended all-white

rule in the South.

The movie Selma won Oscar nominations for best picture and best song.

Today, the bridge and adjoining downtown business district look much as they did in 1965, except many storefronts are empty and government buildings are occupied largely by African-American officials.

Attractions related to the protests are all within walk-



Martin Luther King Jr. leading the 80-kilometre march to Montgomery on March 7, 1965. THE ASSOCIATED PRESS FILE

ing distance of the bridge. They include the First Baptist Church, where many protests were organized, and Brown Chapel A.M.E. Church, where marchers congregated before going to the bridge and where they sought safety after being beaten.

Near the bridge, a free tour of an interpretative centre built by the National Park Service offers photographs of the events and emotional video interviews with people who were on both sides of the issues.

Nearby is the Ancient Africa, Enslavement and Civil War Museum, where visitors can see how slaves were captured, sold and exploited, including a depiction of what it was like to be on a slave ship bound for America.

"You have to know about slavery to know why we didn't have the right to vote," said Faya Rose Toure, one of the museum's founders.

Then tourists can retrace history by walking across the Edmund Pettus Bridge to a park and the National Voting Rights Museum on

the opposite side. Museum artifacts include surveillance photos taken by state police. One feature that stands out is the white plaster footprints of the largely unknown participants in the march and their personal stories about being part of history, from facing danger to treating blistered feet.

"Everybody has seen pictures of Dr. King leading the march. Those people behind him are what we are focusing on," historian Sam Walker said.

State Sen. Hank Sanders, Selma's first black senator since Reconstruction and a founder of the National Voting Rights Museum, said Selma's location on an hour's drive west of Interstate 65, a major route to Gulf Coast beaches, will help attract more visitors to the museum this spring and summer.

After touring Selma, visitors can drive the march route along U.S. 80 to the halfway point in White Hall, where the Park Service has a much larger interpretative centre about the events. Then they can complete the 80-kilometre trip to Mont-

For more information...

- **National Park Service Selma to Montgomery Trail.** nps.gov/semo/index.htm
- **National Voting Rights Museum.** nvrmi.com
- **Alabama Tourism.** alabama.travel
- **Bridge Crossing Jubilee.** bcjubilee.org
- **Accommodations.** The historic St. James Hotel, built in 1837 and located in the middle of Selma's civil rights attractions, 334-872-3234.

gomery. There visitors can tour the Capitol, where King made the emotional speech that ends Selma, and see a monument and museum dedicated to civil rights martyrs. The Civil Rights Memorial includes three victims featured in the movie, Jimmie Lee Jackson, who was shot by a state trooper; James Reeb, who was beaten by white segregationists, and Viola Liuzzo, who was shot by Klansmen while taking marchers back to Selma.

Other sites include the Greyhound bus station where Freedom Riders seeking to integrate interstate transportation were beaten by a white mob in 1961, a museum commemorating Rosa Parks and the Montgomery Bus Boycott that King led in 1955, and the Dexter Avenue King Memorial Baptist Church, where King served as pastor before moving to Atlanta to lead the Southern Christian Leadership Conference.

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Interview

Masterchef judges dish on travel



ON THE
MOVE
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As the second season premiere of Masterchef Canada (Feb. 8 on CTV) approaches,

I caught up with two of the judges, chefs Michael Bonacini and Claudio Aprile, to chat about travel experiences and food — and where to get the best of both.

Where do you find the best meals in Canada?

CA: Toronto is on the cusp of becoming one of the great culinary destinations of the world. Recently, I had an incredible meal at Navarra in Ottawa.

MB: Model Milk and NOtaBLE in Calgary I thoroughly enjoyed. They also have a great food

truck scene in Calgary. My Shanti, Vikram Vij's place, in Surrey, British Columbia was wonderful and in Montreal Antonio Park does amazing sushi.

What is your dream trip in Canada?

CA: Hop on my motorcycle and head over to the East Coast.

Explore the oyster and scallop beds and really get to know the people that produce this wonderful food that is so Canadian.

I am not drawn to high end glossy restaurants,

I prefer the Ma and Pa culture; humble and pure.

MB: An incredibly remote fishing camp in B.C., rural and sophisticated, that serves up your catch.

In other words, the best shore lunch in town.

My ideal is to fly in, bush hog the last two kilometres to get there and as my father-in-law says, "bring a couple of good wines, sit down and tell some lies."

And internationally?...You

can only pick one place!

CA: Burma. I lean toward the purity of Asian cuisines and the big, punchy flavours they have.

Pacific Rim cooking has a lot of layers; a citrus component, a spice layer. It's bright, it's clean and it's fresh.

Some of the best food I have ever had was in Thailand and it made a huge impact on the way I cook.

MB: That's tough, but I am going to say, London, England.

The food scene is really exciting and vibrant. It's cutting edge and trend setting for Europe, which it never used to be.

And it is not only the West End with its high rents and big name chefs that are causing a stir, but areas like Shoreditch and the Docks, where the chefs are urban guerillas, bucking the trends and doing what they love to do with the food they believe in.

Their attitude is unapologetic.

I love that.



Masterchef Canada judges from left: Michael Bonacini, Alvin Leung and Michael Bonacini. CONTRIBUTED

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Experience the 'made in L.A.' mantra, but don't forget to hit the beach

VAWN
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For Metro

Los Angeles is all about Hollywood glamour and California beach culture, but it's easy to get off the tourist track and experience it like a local.

Downtown L.A.'s Arts District is undergoing a renaissance, with local street art, artisan coffee shops, and new restaurants opening up in converted industrial buildings.

"It's got its own vibe and personality," said Molly Morgan, assistant manager of communications with the Los Angeles Tourism & Convention Board.

L.A. artists helped pioneer the global street art movement back in the 1960s.

Today, the city is home to thousands of street murals from modern to impressionistic — with one



L.A. at night is booming, especially Koreatown, which has one of the largest concentrations of nightclubs and 24-hour restaurants in the U.S.

of the most condensed collections in the streets of the Arts District.

Like the rest of the city, there is a focus here on "made in L.A." — whether it's locally-grown ingredients used in restaurants or locally-crafted jewelry, clothing, and artwork.

Downtown L.A.'s Grand Central Market, for example, celebrates the cuisines and cultures of L.A., from Sarita's Pupuseria to Horse Thief BBQ and The Oyster Gourmet. This 30,000-square-foot arcade is both a food emporium and retail marketplace, which also serves as a hub for public events.

Of course, a trip to L.A. would be remiss without spending some time at the beach. Aside from Santa



Venice Beach boardwalk is one of the main beaches in L.A., but there are others not to be missed. PHOTOS COURTESY LA TOURISM

Monica and Malibu, the other big beach is Venice. And while the infamous Muscle Beach has found its way into countless movies and TV shows, there are lesser-known enclaves that are worth exploring, according to Morgan.

Walk, bike, or in-line skate down the carnival-like Ocean Front Walk, or even learn to surf. Rent a bike, blades or board, or try a Legends bike tour (from Perry's Cafe) that winds its way through the Ital-

ian-inspired canals of Venice.

While in Venice, check out Abbot Kinney, which GQ magazine calls the "coolest block in America." Considered one of L.A.'s hippest shopping districts, Abbot Kinney offers everything from artwork to jewelry and clothing from homegrown artists and designers, with an ever-evolving culinary scene (try Baja-style codfish tacos at Oscar's Cervetec or sip a blood orange julep at Barlo's open-air rooftop lounge).

Forgo the rental car

- Whether you want to take in L.A.'s music scene, beach culture or diverse neighbourhoods, it's possible to explore this sprawling metropolis without a car. The Los Angeles Tourism & Convention Board offers a series of self-guided, car-free itineraries to explore L.A. by foot, bike, or Metro.

In Venice, visitors can also get a taste of L.A.'s thriving food truck scene, with affordable gourmet fare that reflects L.A.'s cultural diversity, from Mexican, Japanese and Jewish to distinctly Californian fare. To track down a food truck, check out findafoodtrucks.com.

For nightlife, head to Koreatown, just west of downtown L.A., which Morgan said caters to the more adventurous traveller. Once the centre of Golden Age Hollywood, K-town is now one of the most diverse neighbourhoods in L.A.



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Turn to pantry staples when you're in a rush

Dinner. Penne and Rapini Tuna Pasta combines common — and tasty — ingredients



DINNER EXPRESS
Emily Richards
food@metronews.ca

Pantry staples are a huge help when it comes to making dinner an effortless affair.

Be sure to stock all your favourites and then try using them in different ways.

If you are a fan of tuna sandwiches, you might want to give this simple pasta a try!

A fresh and flavourful ingredient, rapini, also known as broccoli rabe, gives this pasta dish a big hit of vegetable flavour with a kick of Italian flare.

Cooking greens like rapini ahead of time helps remove some of the bitter flavour that often associated with them. Letting it cook in the sauce helps soften it, too.

Ingredients

- 1 bunch of rapini (about 1 lb/454 g), trimmed
- 1 tbsp (15 ml) extra virgin olive oil
- 4 cloves garlic, minced
- 1/2 tsp (2 ml) hot pepper flakes
- 1 cup (250 ml) canned diced tomatoes with juices
- 2 tbsp (30 ml) basil or sun-dried tomato pesto
- 2 cans (170 g each) low sodium light flaked tuna in water, drained
- 1 box (375 g) whole wheat, gluten-free, rice or spelt penne pasta
- Freshly grated Parmesan cheese (optional)

Cooking the rapini ahead of time will also make this dish even faster. Simply cook the rapini, drain it well and remove any excess water. Let it cool and store it in container in the refrigerator for up to up days.

You can also try this make-ahead method with other greens like kale, collards and dandelion.

If there are any leftovers, be sure to make a frittata with the remains. Simply beat eggs and stir them into the pasta. Pan-fry the mixture and once the egg is set on both sides, you have yet another meal.

Directions

1. Chop rapini into 1-inch (2.5 cm) pieces and place in pot of boiling water. Cook, stirring for about 10 minutes or until tender. Drain well and press any excess water out of rapini.

2. In large deep nonstick skillet, heat oil over medium-high heat and cook rapini, garlic and hot pepper flakes for about 4 minutes or until starting to crisp. Add tomatoes, pesto and tuna and boil gently, stirring occasionally for about 10 minutes or until thickened.

3. Meanwhile, in pot of boiling water, cook pasta for about 10 minutes or until tender but firm. Drain well, reserving 1/2 cup (125 ml) of the cooking water. Add pasta to the skillet and toss with sauce, adding enough of the cooking water to moisten if necessary. Sprinkle with cheese, if using.

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TOTAL TIME ABOUT 35 MINUTES



This recipe serves eight. EMILY RICHARDS



This recipe serves four to six people. MILKCALENDAR.CA

Easy pizza-inspired pasta

This yummy pasta is based on the classic margherita pizza, which is topped with tomato sauce, cheese and fresh basil. Often the simplest things taste the best.

1. In large pot of boiling salted water, cook pasta for about 11 minutes until al dente, or according to package directions.

2. Meanwhile, in a large pot, melt butter over medium heat. Add garlic, thyme, salt and hot pepper flakes. Cook 1 minute. Sprinkle with flour; cook, whisking for 1 minute. Gradually whisk in milk. Bring to a boil and reduce heat. Whisk for

3 to 5 minutes or until smooth and thickened. Stir in tomatoes and Parmesan.

3. Drain pasta and return to pot. Pour in sauce; toss, stirring

1 to 2 minutes over medium heat to coat pasta. Stir in Bocconcini, basil and salt to taste, if needed. Serve with grated Parmesan. DAIRY FARMERS OF CANADA / MILKCALENDAR.CA

Ingredients

- 12 oz (375 g) penne pasta
- 2 tbsp (30 ml) butter
- 4 cloves garlic, minced
- 1-1/2 tsp (7 ml) dried thyme
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) hot pepper flakes
- 2 tbsp (30 ml) all-purpose flour
- 2-1/2 cups (625 ml) milk
- 2 cups (500 ml) cherry tomatoes,

- cut in half
- 1/2 cup (125 ml) grated Canadian Parmesan
- 12 1-inch (2.5 cm) mini Canadian Bocconcini
- 1/2 cup (125 ml) fresh basil leaves, thinly sliced
- Canadian Parmesan for serving

Line between brave, burned out

Career. Will putting in a few extra hours add to or subtract from your official duties?

CELINE TARRANT
TalentEgg.ca

Going above and beyond is a great way to get your manager's attention, to stand out at work, and to signal that you are ready for that promotion. However, in today's busy work environments, you are probably already strapped for time. If you do take on extra responsibility, you want to make sure it's a value-add for both you and your employer.

Here's how:

Where are you now? Where are you going?

Before you try to take on more at work, you need to identify where you are now, and where you would like your next big career move to be. Then, you need to identify the skill and experience gap that exists, and how going above and beyond in your current job will help you get where you want to go. This knowledge will help you pick targeted opportunities that address the skill gap in a meaningful way, and not just add more work to your plate.

Consider this example: Your current role is very analytical, and doesn't require much interaction with others, but the job you want requires a lot of client inter-



Before deciding to take on a little more, ask yourself if doing so will affect your ability to accomplish the tasks that need to get done. iStock

Don't overdo it

- While it's commendable that you want to take on extra responsibilities at work, you need to be reasonable about how much you can handle at one time. It's always better to do a few things really well than spread yourself thin over too many commitments.
- Before offering to take on something new, honestly evaluate your schedule and be upfront about how much time you can commit to a new project. It's useful to set a fixed number of hours that you can spend on each side project or task each week, and stick to it to prevent the scope from creeping and taking over your primary responsibilities.

action and presentations. It would be easy to volunteer to do some more reporting or analytical tasks, but it would be far more valuable to find

a task that will help you develop the necessary public speaking and communication skills. For instance, you could volunteer to present

the daily sales results, ask your boss if you can present some updates at your next department meeting, or ask to start sitting in on some client meetings.

Add incremental value

When it comes to taking on side projects at work, there's no need to re-invent the wheel. Chances are there are tons of internal processes and projects that are in dire need of improvement. You probably see tons of examples of reporting that could be streamlined and projects that have been neglected.

We all have good ideas that never see the light of day, either because we are

too nervous to speak up, or too busy to bother.

Next time you have an idea, propose a plan for implementing it, present it to your boss, and ask if you can take ownership of the initiative.

In the best-case scenario, your boss will say yes, and you have a great opportunity to lead a project.

In the worst-case scenario, you've provided your boss with a resource for tackling an organizational problem that they may be able to use in the future.

Additionally, they will remember your willingness to go above and beyond, and will be more likely to come to you over others with future opportunities.

Tread lightly

Even though you might have the best intentions when trying to extend beyond your role at work, others might not always see it that way. When you think you are being helpful by taking on a new project, especially when it heavily overlaps with someone else's role, they may perceive this as you trying to "take over" their job, or outshine them.

Always be respectful of other people and make sure you're not stepping on any toes before jumping into something new.

Make sure you have your manager's support before going forward with a new project, so any questions and concerns that may arise can be appropriately directed.

Education

Volunteers sought to teach in North Korea

If you harbour a fascination with the secretive, mysterious state that is North Korea, here's one way of getting in: The country is seeking volunteers to teach English and tourism management to local students.

For one month, successful candidates will be able to live among locals in the notoriously hermetic country as instructors at the Pyongyang Tourism College.

The project is a joint collaboration between the North Korean government and Juche Travel Services based outside London in the U.K.

After a successful trial last year, the British travel outfit has been tapped to expand the project into a formal volunteering program with two intakes in May and November.

To enroll, volunteers must pay €1,000 (about \$1900) which covers three-star accommodation during the month-long program, meals, return airfare from Beijing to Pyongyang, a DPRK visa, private transport with a driver, guides and weekend excursions around the country. Part of the money will go towards buying teaching materials and manuals for the North Korean college. **AFP**

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How to organize your workspace

Career. Take a moment to tidy up and make a good impression as an organized professional

RIANA
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No matter what size your workspace may be, it's important that you keep the area tidy.

An organized desk and office helps you to be more productive because it means you can find things quickly and easily.

It's a sign of professionalism and, more importantly, an organized employee.

Here are five top tips for making your workspace work:

Develop your own colour code

Use coloured office supplies to help you keep track of things.

Try using colour-coded sticky notes for reminders or to flag items; multi-coloured inks on a calendar where you write in meetings, deadlines and vacation time; folders for keeping



An orderly workspace prevents potential embarrassment in case your boss, co-worker, or client drops by unexpectedly. ISTOCK

related documents together; and highlighters for organizing your to-do list and notes from meetings.

Having your own colour code will help you navigate documents and organizers faster. Not only is it a huge time saver, it will show co-workers you're on top of your game.

Use the tools at your disposal

Think outside the box: a hand-

ful of office supplies can go a long way toward keeping your desk de-cluttered.

Try wrapping up loose wires and cords with binder clips, twist ties or elastic bands.

Get a small file tray or organizer to keep papers organized and out of sight, and use a mug or jar to hold your pens, pencils and other writing instruments.

You may also want to use dividers in your desk drawers to organize loose items like paper

clips, push pins, magnets, scissors and more.

Keep it clean

At least once every other week, wipe down your computer, keyboard, mouse and phone with disinfectant — you'd probably be surprised how much bacteria and dust builds up in your workspace over time.

Don't leave dirty dishes lying around, either, since that will make your desk look messy, and could attract ants or other unwanted guests.

Add a few personal touches

While it's great to keep your workspace neat and tidy with minimal clutter, it doesn't have to be completely devoid of personality.

A few pictures, a piece of artwork or a crafty item like a homemade paperweight or one-of-a-kind mouse pad can help to make the space your own. You get bonus points if you can find organizers or stationery that fits your personality as well.

Chances are you spend a lot of time at your desk, so you want to make sure you feel comfortable at it.



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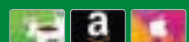


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The Penguins' Marcel Goc has his shot stopped by Jets goalie Ondrej Pavelec, while Mark Scheifele defends in Pittsburgh on Tuesday night.
GENE J. PUSKAR/THE ASSOCIATED PRESS

Letang's helping hand ends Jets' streak at 5

NHL. Pittsburgh snaps Winnipeg's winning streak on strength of blue-liners' five assists

David Perron and Brandon Sutter scored power-play goals less than four minutes apart in the third period and the Pittsburgh Penguins rallied for a 5-3 win over the Winnipeg Jets on Tuesday night.

Nick Spaling, Steve Downie and Patric Hornqvist also scored for the Penguins. Kris

On Tuesday

5

Penguins

3

Jets

Letang had a career-high five assists as Pittsburgh ended a four-game losing streak despite playing without injured stars Sidney Crosby and Evgeni Malkin. Thomas Greiss stopped 19 shots.

Adam Lowry, Jacob Trouba and Chris Thorburn scored for the Jets, who saw their five-game winning streak snapped when they couldn't protect a third-period lead. Ondrej Pavelec made 25 saves but was sloppy in the third period.

The Penguins limped into the all-star break with their longest losing streak of the season and began the second half without their two unquestioned leaders. Crosby received an injection last Thursday to treat a lower-body injury suffered against Montreal earlier this month and missed the

all-star game. While Crosby could return on Wednesday in Washington, Malkin is not skating at the moment and could miss a week or more.

For a night anyway, Pittsburgh survived without them.

The Penguins moved to 9-0-1 in games when they've been without both Crosby and Malkin since 2011. Having the blossoming Perron in place certainly helped. Buried on the third line in Edmonton, Perron has become the kind of scoring threat Pittsburgh needed to take some of the pressure off Crosby. **THE ASSOCIATED PRESS**

NHL

Brodeur ready to call it quits

St. Louis Blues goaltender Martin Brodeur will announce his retirement on Thursday, ending a career that saw him rewrite the NHL record book while winning three Stanley Cup titles and two Olympic gold medals.

The four-time Vezina Trophy winner will make an official retirement announcement Thursday morning, the Blues said Tuesday in a news release.

Brodeur is the NHL's winningest goalie (691 victories) and holds records in several statistics.

THE ASSOCIATED PRESS

Stem cell treatment

Howe's condition much improved

NHL legend Gordie Howe is doing so well after stem cell treatment that his son would like the hockey legend to undergo the treatment again. Gordie Howe suffered a pair of strokes late last year.

Marty Howe says his father did not have long to live when the family decided to take him to Mexico last month for stem cell treatment. He adds that his father can now walk again and his speech is improving. **THE CANADIAN PRESS**



Gordie Howe **THE CANADIAN PRESS**

Today's stars turn to yesterday's big shots



Milos Raonic, pictured, has former player Ivan Ljubicic as his coach.
VINCENT THIAN/THE ASSOCIATED PRESS

Goran Ivanisevic won one Wimbledon title in his colorful tennis career, but the big-serving Croatian believes he might have won even more if he'd had an ex-player as his coach, like many of the top competitors do today.

"Bad luck I did not have someone like me to coach me when I was (playing)," he said Tuesday at the Australian Open. "I should have had this Goran to coach that Goran. Probably I would win at least five, six more Grand Slams."

Ivanisevic, 43, is now part of

the latest trend in tennis — the exclusive but steadily growing club of former pro players who have turned to coaching in their post-retirement years.

The big-name stars like Novak Djokovic, Roger Federer and Andy Murray may have glamorized the ex-player hires in recent years, taking on Boris Becker, Stefan Edberg and Ivan Lendl/Amelie Mauresmo, respectively. But the players just behind them in the rankings have also jumped on the bandwagon to try to close the gap and contend for slams.

Quoted

"It would take 10 days to tell you how many mistakes I made."

Goran Ivanisevic finds his experience as a player to be an asset in his new profession as a coach

Canadian Milos Raonic is just one example as he is coached by Ivan Ljubicic, once ranked No. 3 in the world.

Ljubicic was drawn to coaching by the opportunity to

help one of the game's rising stars take the next step. Raonic was scheduled to play for a spot in the semifinals Wednesday (3:30 a.m. ET) against Djokovic.

Ljubicic said he wasn't going to return to the grind of the tennis tour for just any player, either. He wanted to coach a contender.

"(Milos is) one of the most determined and motivated people that I have ever met, and that meets my needs and my type of people that I want to work with," he said.

THE ASSOCIATED PRESS

Clara's Big Ride tackles taboo

TV special. Olympic heroine Hughes is happy documentary is not just about her and hopes it will educate people on mental illness

Clara Hughes rode her bike 11,000 kilometres for 110 days around Canada to get people talking about mental illness.

She's pleased the documentary Clara's Big Ride isn't just about her. A one-hour television special chronicling her journey airs Wednesday on CTV and will also be available all day on CTV.ca and CraveTV. It could have been all about cycling through hard crosswinds, driving snow and exhaustion from March 11 to July 1, 2014.

But Hughes instead provides the thread between stories told by Canadians affected by mental illness: a teacher who has depression, anxiety and panic attacks; a university student who attempted suicide; a community worker in northern Canada

Problem

"What I'm seeing is we have a big problem in that the system is not there, and if it is there, it is not yet trusted for people to reach to."

Clara Hughes

trying to prevent youth suicide; a soldier with post-traumatic stress disorder.

Hughes — winner of six Olympic medals in cycling and speed skating — was to join them in Toronto on Tuesday for a special screening of the documentary. "Of course it brings back so many emotions of what that ride was," she told The Canadian Press.

"What I like the most about it, and what I think people will be very surprised at, is most of it is not actually about riding a bike. It's not about me. It's about 10 different stories along the way of predominantly younger Canadians and what their struggle was, what their

story is." It's been almost seven months since the 42-year-old from Winnipeg concluded her epic ride on Parliament Hill in Ottawa. She participated in 235 events in 105 communities.

Hughes feels she achieved her goal of starting a conversation about mental illness and removing the fear of talking about it. But she sees Canada's health system and how it treats mental illness as another mountain to be climbed. A woman struggling with an eating disorder says in the documentary that she was told by her doctor to "just eat something".

Another with depression says she was told by her physician to not talk about it because people would judge her. "What I'm seeing is we have a big problem in that the system is not there, and if it is there, it is not yet trusted for people to reach to," Hughes said.

"The conversation is stimulated and people are reaching out more and more and more, but what is there for them to reach out to? This is the reality. This is a big problem to be solved." **THE CANADIAN PRESS**



Clara Hughes cycled for 110 days around Canada to raise awareness for mental illness **THE CANADIAN PRESS**

NFL

Lynch: 'I'm here so I won't get fined'

Seattle Seahawks running back Marshawn Lynch constantly repeated "I'm here so I don't get fined" for five minutes before leaving the podium at Media Day.

About 200 reporters crowded around Lynch's podium for at least 15 minutes before he arrived. But Lynch wouldn't answer any questions.

He set a timer on his phone, caught a bag of Skittles tossed from the crowd and stopped to pick up a reporter's recorder off the floor before he walked away.

THE CANADIAN PRESS



Marshawn Lynch
THE ASSOCIATED PRESS

Rarity. Gronkowski fit and healthy for first time in four postseasons

Rob Gronkowski's ankle is fine. So are his forearm and knee. He's way past those injuries that ruined his last three postseasons. You can't even hurt his feelings.

So when Seattle nickel back Jeremy Lane says, "I actually don't think he's that good," the best tight end in the NFL says, simply, "Everyone's entitled to their own opinion." Of course, the 265-pound Gronkowski can change that opinion when the Patriots face the Seahawks and the 190-pound Lane in the Super Bowl on Sunday. Healthy again, he should be a handful.

"Ready to roll," he said Tuesday. Gronkowski missed the AFC championship games the past two years with a broken left forearm in 2013 and a torn ACL and MCL in his right knee in 2014. In the Super Bowl in 2012, he was limited by a high left ankle sprain. New England lost all three.

The fun-loving but hard-working Gronkowski was back on a Super Bowl Media Day platform on Tuesday. His laugh and smile were present, just as they were three years ago. The questions were dif-



Rob Gronkowski **THE ASSOCIATED PRESS**

ferent. "It feels good to be 100 per cent healthy," he said, "and not get a million questions like last time about my ankle."

Even when he got them, his sense of humour kicked in. Asked before the 2012 game how he was feeling, Gronkowski said with a grin, "Good. How are you feeling?"

When another ankle question came up Tuesday, even though that body part hasn't sidelined him this season, he said, "It's very good. Thanks for worrying about my ankle." That's Gronkowski. He keeps a light touch whether he's healthy or hobbling.

THE ASSOCIATED PRESS

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2015 Toyota Yaris

- **Type.** Two- or four-door subcompact hatchback
- **Engines.** 1.5-litre four-cylinder (106 hp)
- **Transmissions.** 5-speed manual or 4-speed automatic
- **Price.** \$14,545 base, \$17,665 as-tested

Market position

This is the segment where automakers advertise their rock-bottom prices, but be careful. Most base models don't come with air conditioning, power windows or other convenience features, so add in their cost for comparison if you want them.

Points

- The car's single wiper blade looks neat and does a great job of cleaning the windshield.
- Although it's officially a five-passenger, you should realistically expect to get just two adults in the back.
- Controls are simple and straightforward, but the lock and window buttons need backlighting at night.



The rear seats really only hold two adults, but fold down for cargo.

Interesting features

Nine airbags, USB port, power locks, digital clock, 60/40 folding rear seat, and rear wiper/washer are all standard equipment; options include a leather-wrapped steering wheel, keyless entry, heated mirrors and fog lamps.

Aging star gets a facelift

Review. Refreshed Toyota Yaris looks good but the unchanged mechanicals feel a little bit behind the times

JIL MCINTOSH
drive@metronews.ca

Once a rather dull-looking little car, the Toyota Yaris gets a major facelift for 2015.

Sporting a grille reminiscent of some Lexus models, the company's entry-level run-about now looks the part in this competitive subcompact segment.

You can get it as a two-door hatchback, which comes in a single trim level at \$14,545. The four-door hatch comes in two trim levels, starting with the LE at \$15,695, and my top-line SE tester, which starts at \$17,665.

Mine had a five-speed manual, while the available four-speed automatic takes it to \$18,665.

The mechanicals didn't get changed in this update, and they're a little behind the times, but they do the job.

The 1.5-litre four-cylinder engine makes 106 horsepower and, although that doesn't sound like much, it's a fun little car to drive, especially with the stick shift.

A sixth gear would be nice, since the engine revs more than I like at highway speeds.

The suspension and steer-



PHOTOS: JIL MCINTOSH

ing have been tweaked, and the Yaris feels rigid and stable, with a tight turning radius that's handy for getting into tight parking spaces.

I'd like to see Toyota add hill-start assist, which momentarily holds the brake when you're stopped on an incline and gives you enough time to get your foot from the brake to the throttle without rolling backwards. It's handy for all drivers, but especially younger or inexperienced ones who are likely to be shopping in this price range.

Air conditioning, power windows, cruise control, and



There's a lot of hard plastic in the cabin, but it's a handsome, functional design.

keyless entry are extra-charge on the base LE trim line, but standard equipment on the SE.

There's a lot of hard plastic

in the cabin, as you'd expect for the price, but it's a handsome design and very functional.

Compare



1 Nissan Micra
Base price: \$9,998
Canada's least-expensive car can only be found here; it's not sold in the United States.



2 Hyundai Accent
Base price: \$13,599
Hyundai has lowered its prices now that the new Canada-Korea Free Trade Agreement is in effect.



3 Ford Fiesta
Base price: \$14,999
Three engines range from the 120-hp base to a 197-hp turbo hot-hatch version.

The SE's sport-style seats are comfortable and fairly supportive, and you can fold down the rear seats for extra cargo space.

It may not be fancy, but the Yaris remains a viable contender in the little-car segment.



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Stuck on 12 Across?
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See the full instructions on Metro's Voices page.



Horoscopes by Sally Brompton

Aries

March 21 - April 20

Travel arrangements may be subject to delays today, so give yourself plenty of time to get where you need to be. If you do get held up, take it in stride.

Taurus

April 21 - May 21

Don't let a friendship suffer over a money issue that is of no importance. It may seem a big deal to you now but in a matter of days you will realize it wasn't worth the time or the energy.

Gemini

May 22 - June 21

A loved one will go out of their way to do something they hope you approve of today. Even if you are not impressed pretend that you are, because if you help them feel good now they will help you later on.

Cancer

June 22 - July 23

Keep your eyes and ears open today because something you see or hear could be the final piece in a puzzle that has been causing you sleepless nights.

Leo

July 24 - Aug. 23

Don't leave loved ones guessing what you expect of them. This is one of those times when you must spell things out in words of three syllables or less.

Virgo

Aug. 24 - Sept. 23

Someone who never seems to stop complaining is beginning to get on your nerves and at some point today you will have to confront them.

Libra

Sept. 24 - Oct. 23

You may not be enthusiastic about what you are expected to do today but if you are smart you will do it anyway. Others look up to you as someone who can be relied on.

Scorpio

Oct. 24 - Nov. 22

A money-making idea may seem to be the answer to your prayers but as mind planet Mercury is going through one of its retrograde phases it will pay to be cautious.

Sagittarius

Nov. 23 - Dec. 21

A loved one will say something thoughtless today and your feelings will be hurt. Don't plot your revenge. It's unlikely they meant to be spiteful.

Capricorn

Dec. 22 - Jan. 20

You may be tempted to cut corners and do less than your best on a task today but is that such a good idea? It will lead to mistakes and those mistakes will cost a lot to correct.

Aquarius

Jan. 21 - Feb. 19

You are wasting time and energy fantasizing about things that are never going to happen. Today's Mercury-Uranus link demands that you bring your dreams down to earth.

Pisces

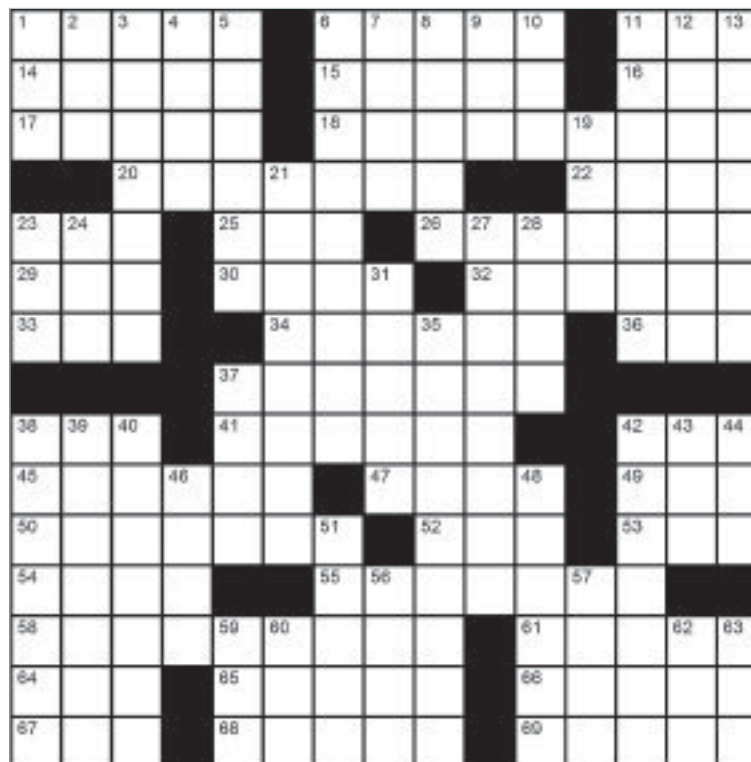
Feb. 20 - March 20

The course of action you're about to take won't meet with everyone's approval but you don't care. Do it your way!

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Cooking: Not set high: 2 wds.
6. Hollies hit bit: "... heavy, ___ brother."
11. US cable network
14. Depression-era song: "Brother, Can You Spare ___?"
15. Web-sent party notice
16. Promise to pay
17. Hockey, for example
18. Late-'70s futuristic series starring #40-Down: 2 wds.
20. Ancient Assyria's capital
22. Possess
23. Yalie
25. Soul: French
26. Footsteps
29. Industry, colloquially
30. "... ___ ring on it." - Beyonce
32. Jean-Philippe ___ (Baroque composer)
33. Spelling contest
34. Group of Seven member Arthur
36. "How ya doin'?"
37. Milk intolerance reason
38. Ms. Kardashian
41. Turtles tune: "___ Me Babe"
42. Arrow's partner
45. "That may be, but...": 2 wds.
47. Bun
49. Admiration
50. Whistle-holding cord
52. Name for many Popes
53. He humans
54. Eleven: French
55. Google yourself
58. 'Deep Fantasy' is a current album by what Vancouver punk rock band?: 2 wds.
61. Starts racing!: 2 wds.



52. Name for many Popes
53. He humans
54. Eleven: French
55. Google yourself
58. 'Deep Fantasy' is a current album by what Vancouver punk rock band?: 2 wds.
61. Starts racing!: 2 wds.

64. ___ Valley, San Francisco
65. Gambling mecca in China
66. Famous violin, commonly
67. Bronze Roman money
68. Actress, Holly

- Robinson ___
69. Broadway performer Ms. McDonald

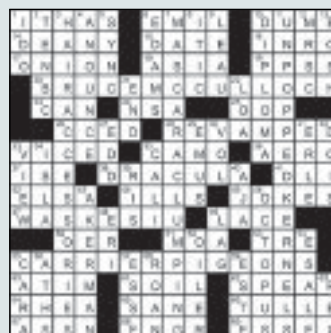
Down

1. '___' in Ottawa
2. Tom Mulcair's pol. party
3. Exalt enormously
4. Actor Mr. Katz

5. Fast food towelette
6. Sans serif font style
7. Ancient celebrator's "Whoopie!"
8. Swooning sounds
9. Kingston Trio hit
10. Yearning
11. Rants
12. Moncton's province, in French:

- ___ Brunswick
13. Does a car maintenance job: 2 wds.
19. Carpentry wedge
21. Imitator
23. Decline
24. Untruth
27. Bridge frame-works
28. Scarce
31. Displaying activity
35. Late night talk show opening
37. "The Simpsons" sister
38. BC: Okanagan Valley city
39. Sir Walter Scott novel about a Saxon knight
40. Toronto-born actress Heather (See #18-Across and #48-Down for more!)
42. Canadian country star Gord
43. "Thanks! I ___ you one."
44. Hair care brand
46. Novosibirsk 'no'
48. Daughter played by #40-Down in "The Sound of Music" (1965)
51. Tie score in tennis
56. Bothersome bug
57. Alphabet sequence
59. 'E' in HRE, for short
60. Papua New Guinea seaport
62. Outlying
63. US health-related agcy.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

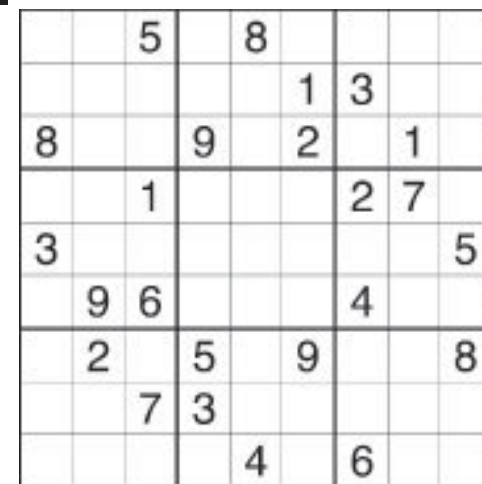


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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